



Fiscal Year 2025-26

AGING ROADMAP ANNUAL REPORT

San Diego County Regional Plan



LIVE WELL
SAN DIEGO





Learn more about the Aging Roadmap by visiting:
WWW.AGING.SANDIEGOCOUNTY.GOV

TABLE OF CONTENTS

Introduction.....	1	Dementia.....	11
About the Aging Roadmap.....	2	Caregiver Support.....	12
Impact at a Glance.....	6	Safety.....	13
Progress in Priority Areas.....	6	Preparedness.....	14
Health & Community Support.....	7	Silver Economy.....	15
Housing.....	8	Medical & Social Services System.....	16
Social Participation.....	9	Conclusion.....	17
Transportation.....	10	Important Resources.....	18

INTRODUCTION

As the older adult population continues to grow, building communities that support residents of all ages and abilities is essential. Directed by the San Diego County Board of Supervisors on September 24, 2019 (4), the Aging Roadmap outlines the County’s plan to ensure policies, programs, and initiatives equitably support older adults and recognize their contributions across the region.

This annual report provides an update on progress and accomplishments within the ten priority areas of the Aging Roadmap throughout Fiscal Year (FY) 2025-26:

- Health & Community Support
 - Housing
 - Social Participation
 - Transportation
 - Dementia
- Caregiver Support
 - Safety
 - Preparedness
 - Silver Economy
 - Medical & Social Services System

While the Aging Roadmap is led by the County Health and Human Services Agency (HHSA), Aging & Independence Services (AIS), the accomplishments presented represent the efforts of diverse County departments and community collaborations. This report also highlights the County’s strategic approach and next steps towards reaching the vision for each of the ten priority areas.





ABOUT THE AGING ROADMAP

A REGIONAL VISION AND FRAMEWORK FOR SUPPORTING HEALTHY AGING

The Aging Roadmap serves as San Diego County's regional vision and strategic framework for promoting healthy aging for all residents. It aligns with the *Live Well San Diego* vision of Building Better Health, Living Safely, and Thriving. With ten priority areas, the Aging Roadmap reflects the County's comprehensive system of care, incorporating both person-centered services and community-driven initiatives. AIS leads the implementation of the Roadmap in collaboration with other County departments and a wide network of community partners.

DEVELOPED AND IMPLEMENTED ALONGSIDE THE COMMUNITY

The Aging Roadmap was designed to be flexible, adaptable, and continuously informed by county residents. The priorities and goals within the Aging Roadmap are the product of ongoing community engagement that began in 2016 when the County joined the AARP Network of Age-Friendly Communities and Dementia Friendly America in a commitment to create a county where all people can age well. Periodic listening sessions, community engagement through outreach events, and community coalitions that amplify the voices of older adults help ensure that the Aging Roadmap aligns with the needs expressed by county residents. Critical to informing Aging Roadmap goals is the AIS Advisory Council which serves as the voice of consumers and community experts, with members representing each Board district and the broader community. AIS also coordinates ten ongoing community committees focused on issues such as fall prevention and transportation, strengthening connections with older adults, persons with disabilities, caregivers, and service providers. To support countywide age-friendly collaboration, AIS hosts the quarterly Age-Friendly Regional Roundtable, bringing together recognized jurisdictions and organizations to share best practices and advance age-friendly efforts. AIS continues to engage older adults, adults with disabilities, and people of all ages to inform the development and implementation of much needed services and programs, and to ensure the greatest needs are being addressed.





LEVERAGING DATA TO SUPPORT A GROWING OLDER ADULT POPULATION

San Diego County's population of residents aged 60 and older is projected to grow to nearly 824,600 by 2029. As San Diego County's population ages, monitoring data on key indicators can be critical for understanding trends and identifying opportunities to improve the quality of life for older adults. The *Older Adult Health in San Diego County* report was released in September 2025 and examines notable health outcomes among the older adult population, including chronic and communicable (infectious) diseases, behavioral conditions, and injuries.

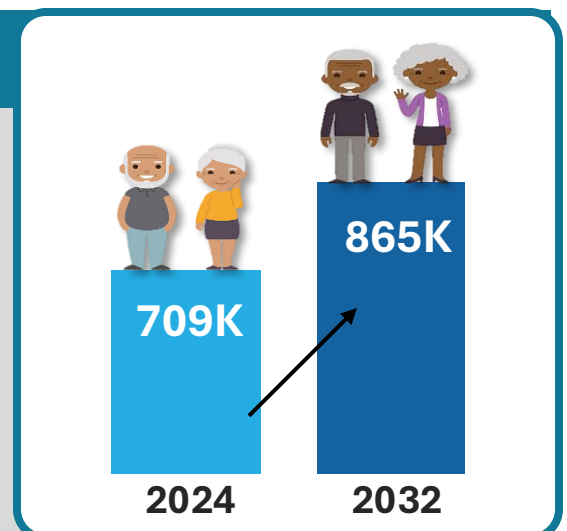
Building on this report, in February 2026, the County introduced a new Aging Dashboard, providing an interactive tool for the public and policymakers to track key metrics affecting the region's growing population of older adults. Modeled after California's Master Plan for Aging, the dashboard includes more than 50 indicators spanning housing, health, inclusion and equity, caregiving, and affordability.

The purpose of the dashboard is to serve as a centralized source of data on older adults in San Diego County. It also showcases County initiatives that promote healthy aging and aligns with the Aging Roadmap.



SAN DIEGO COUNTY'S AGING POPULATION

- San Diego County is the second most populous of California's 58 counties, and the fifth largest county in the United States.
- In 2024, there were more than 709,200 residents aged 60+ in San Diego County. This number is projected to grow to more than 865,000 by 2032. The 85+ population is the fastest growing age group in San Diego County and is projected to increase from nearly 52,900 in 2024 to 85,732 in 2032.
- Approximately 35% of older adults aged 60 and older in San Diego County live alone, increasing risks of social isolation and health decline.





ADVANCING AGING, HEALTH, AND SOCIAL CONNECTION THROUGH GLOBAL KNOWLEDGE EXCHANGE

In December of 2025, a delegation of San Diego County leaders, academics, and non-profit representatives had the opportunity to participate in the US-Japan Program on Healthy and Resilient Aging. This program was made possible by the Japan Center for International Exchange whose mission is to facilitate collaboration in areas of mutual interest and need between the US and Japan. The County of San Diego was nominated to participate by AARP for leadership in age-friendly work.

As part of this program, the San Diego delegation traveled to Japan for a one-week exchange program focused on mutual learning around the challenges and opportunities posed by aging populations. Japan is one of the most rapidly aging societies in the world with more than 28% of its residents aged 65 and older. This program provided participants with the unique opportunity to learn through firsthand experience about Japan's approaches to supporting its aging population with a special emphasis on disaster preparedness and response, social isolation and health promotion.



The week-long trip started with meetings and site visits in Tokyo and the nearby town of Shiki. The US delegation spent the latter half of their week in the southern Kumamoto Prefecture. Through discussions and meetings with local leaders, older adults, and service providers in Japan, several key lessons were learned.

LESSONS LEARNED FROM THE US-JAPAN PROGRAM ON HEALTHY AND RESILIENT AGING

Reducing isolation saves lives.

Social connection is critical to health, dignity, well-being and resilience. During site visits, the U.S. delegation observed how Japanese communities cultivate connection through coordinated, community-based support systems. They saw integrated monitoring of community needs, support centers that link residents to medical and social resources, and community “salons” that encourage social engagement. Initiatives promoting ikigai, a sense of purpose, were evident in volunteer programs, intergenerational activities, and resident-led clubs. These experiences highlighted Japan’s culturally grounded approach to strengthening social connection and community resilience.



Meeting with residents and observing the local sewing club.

Preparedness is collective.

Ensuring the wellbeing of older adults during and after natural disasters is a shared priority for both the U.S. delegation and the Japanese communities they visited. During meetings with city officials in Kumamoto, the delegation learned about the region’s comprehensive strategies for evacuation planning based on community connectedness and neighborhood cohesion. Representatives from the County of San Diego Office of Emergency Services had the opportunity to share resources and best practices related to supporting individuals with disabilities or access and functional needs in times of disaster.



Discussing disaster preparedness with leaders in Kumamoto City.

Preventing and recovering from frailty supports healthy aging.

The U.S. delegation witnessed and participated in a number of health promotion activities for older residents. During a visit to the town of Mashiki, the delegation joined in on a “beauty walking” health-promotion class. The sessions, held regularly on the grounds of a local shrine, have supported community members in maintaining physical strength and endurance. In the suburban town of Shiki, near Tokyo, the delegation also learned about a local initiative that encourages regular physical activity by providing participants with vouchers redeemable at neighborhood shops.



Joining residents for “Sumo stomps” at an exercise session hosted at a local shrine.

AGE-FRIENDLY IMPACTS AT A GLANCE

The County and its community partners advanced work across all 10 Aging Roadmap priority areas, strengthening age-friendly communities and promoting healthy aging throughout our diverse region. The graphic below highlights several key accomplishments.



294

Affordable housing units completed construction for older adults.



419

New Dementia Friends in San Diego County.



18,362

Hours of respite provided to caregivers.



3,900

Health Promotion Program participants.



569

Riders enrolled in the No-Cost Transportation Program.



6,058

Vials of Life Distributed.



3,320

Long-Term Care Ombudsman visits completed.



1,705

Handbooks for Grandparents and Other Relatives Raising Children distributed.



423

Volunteers in the Retired & Senior Volunteer Program.



77,000

Calls answered by the AIS call center to provide resources and information.

PROGRESS IN PRIORITY AREAS & NEXT STEPS

The following sections describe the vision of each of the 10 Aging Roadmap priority areas and include accomplishments of FY 2025-26.





HEALTH & COMMUNITY SUPPORT



The Health & Community Support priority area is dedicated to ensuring that when health-related changes or challenges arise, older adults and their families can easily locate and access the appropriate resources, services, and supports within their communities. Aging Roadmap partners continue to advance programs that promote accessible health and community services, helping older adults maintain independence for as long as possible.

FY 2025-26 ACCOMPLISHMENT HIGHLIGHTS:

- More than **2,300** residents participated in **Feeling Fit Club**, a functional fitness program for older adults of all abilities. Collaboration with community partners such as libraries and community centers has facilitated the expansion of the program to more rural communities. In FY 2025-26, Feeling Fit Club became a nationally recognized evidence-based health promotion program through the National Council on Aging.
- More than **1,600** residents engaged in **Tai Chi Classes** at **22** host sites throughout the county to reduce their risk of falls, improve strength, and maintain mobility. These classes included two evidence-based programs—Tai Chi for Arthritis and Fall Prevention, which uses Sun-style movements to improve mobility and reduce pain, and Tai Chi Moving for Better Balance, a simplified Yang-style program designed to strengthen balance and lower fall risk.
- The AIS Outreach & Education Team delivered **186 community presentations**, reaching more than **3,640** individuals. In addition, the team distributed resources to over **5,920** community members while participating in **147** community events.

Finding Strength, Balance, and Connection Through Tai Chi

A 69-year-old Tai Chi participant joined the class with a clear goal: fall prevention. “I know how dangerous falls are to seniors, especially women. I don’t want to fall,” the participant shared. The results have been transformative—there’s a greater sense of limberness, energy, and confidence. “I don’t worry as much about falling because I know what to do with my feet.”





HOUSING



The Housing priority area envisions a region in which older adults have access to safe, stable, and affordable housing options that support independence and wellbeing. This includes living near essential goods, services, transportation, and community activities, ensuring that older adults can remain connected and active as they age.

FY 2025-26 ACCOMPLISHMENT HIGHLIGHTS:

- **Three-hundred and eighty-two (382)** older adults received a \$500 monthly rental subsidy through the Office of Homeless Solutions (OHS) **Shallow Rental Subsidy Program**, which provides rental assistance to eligible low-income adults aged 55 years and older.
- The Housing and Community Development Services (HCDS) **Home Repair Program** served **73** households that included a household member aged 62 or older. Repairs were completed for **49** of these households, and projects remained in process for **24** households at the end of FY 2025-26. Through contracts with Jewish Family Service of San Diego and Interfaith Community Services, the AIS Minor Home Repair program served **417** households including family caregivers and their care recipients.
- **Four** HCDS funded properties completed construction, providing **294 affordable housing** units for older adults. In HCDS-funded developments, **227** units are currently under construction.
- Through the **Home Safe program**, AIS, in partnership with OHS and Interfaith Community Services, provided case management, social services support and housing navigation to **618** older adults and adults living with disabilities who were homeless or at risk of becoming homeless.
- Behavioral Health Services provided **permanent supportive housing** for **232** units across **13** older-adult designated developments throughout the county. Residents of these units receive long-term housing in addition to access to support services.





SOCIAL PARTICIPATION



The Social Participation priority area of the Aging Roadmap focuses on expanding diverse social and community engagement opportunities that promote active living, reduce isolation, and provide enriching experiences for older adults across all age groups and generations.

FY 2025-26 ACCOMPLISHMENT HIGHLIGHTS:

- AIS provided tailored support to **nine community gardens**, offering initial implementation assistance to **three** and sustainability-focused guidance to **six**, including launching garden clubs at Chula Vista's Congregational Tower and Campo's Mountain Health Community Center, distributing garden resource binders, and delivering education on crop rotation, composting, and preventing wildlife-related garden damage.
- In FY 2025-26, the Age Well Social Participation & Inclusion Team launched a new version of the **Ways to Engage Guide**, a resource to share ideas for older adults in San Diego County to get involved and stay engaged in the community.
- In June 2025, the **Retired and Senior Volunteer Program** grant was renewed for an additional three-year cycle. Through this grant, **400** AmeriCorps older adult volunteers will provide companionship, fraud-prevention education, and fresh produce delivery to older adults across San Diego County, strengthening social connectedness, financial awareness, and food security over the three-year grant period.





TRANSPORTATION

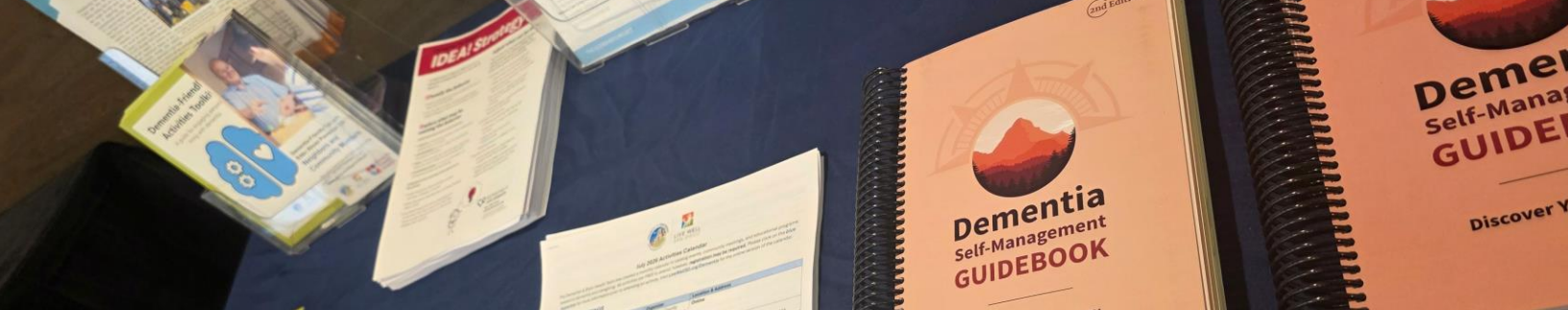


The Transportation priority area envisions a community where older adults have safe, affordable, and accessible transportation options for all ages and abilities. Advancing regional planning strategies supports the creation of age-friendly environments, strengthens connections to outdoor and public gathering spaces such as senior centers and parks, and expands opportunities for social engagement and physical activity.

FY 2025-26 ACCOMPLISHMENT HIGHLIGHTS:

- The **No-Cost Transportation Program for Older Adults** enrolled **569** older adults and provided over **17,110** one-way trips totaling more than **89,270** miles of rides. This program provides no cost rides to low-income older adults living in select ZIP codes in San Diego County with the goal of promoting independence and combatting social isolation.
- In Spring 2026, the Age Well Transportation & Community Connections Team collaborated to update the **Ride Well to Age Well Guide**, a comprehensive resource guide that outlines transportation options by region of the county and provides tools to support residents in using mobile transportation apps to request rides.
- In Spring 2026, Oceanside residents of all ages completed a **walk audit around the Libby Lake Community Center** in Oceanside, identifying opportunities for safety and infrastructure improvements. The walk audit encouraged broader involvement from residents and advocacy groups, leading to bi-weekly working meetings where community members track ongoing concerns, identify priorities, collaborate on solutions, and share updates and recommendations with City of Oceanside leadership on a monthly basis. These collaborative efforts have resulted in numerous neighborhood improvements, including clearing obstructions, sealing potholes, and smoothing sidewalks.





DEMENTIA



Launched in 2014, The Alzheimer's Project takes a comprehensive approach to addressing Alzheimer's disease and related dementias (ADRD). Its vision is a region where residents can support brain health, access quality clinical care for cognitive concerns, live independently in dementia-friendly communities, and where caregivers have the resources they need. This page presents the project's FY 2025-26 annual update.

FY 2025-26 ACCOMPLISHMENT HIGHLIGHTS:

- Members of the Age Well Dementia & Brain Health Team provided **Dementia Friends** sessions for more than **419** individuals. These sessions taught participants about dementia, what it's like to live with it, and how to create environments that are welcoming to those living with dementia and their care partners.
- In March 2026, the Age Well Dementia & Brain Health Team and its partners hosted a **Dementia Skills and Resource Fair** at the McClellan Senior Center in Vista reaching over **80** older adults, care partners, and professionals. The event featured expert presentations, hands-on skill-building activities, health screenings, exhibitors, and an interactive panel discussion.
- As of June 2026, Champions for Health with support of the Alzheimer's Project Clinical Roundtable has completed efforts to integrate components of the Physicians Guidelines into the **electronic health record systems** of **7** health systems with the overall goal of improving screening rates and improving dementia care. These efforts were highlighted in an April 2026 Cureus Journal of Medical Science article entitled, "Enhancing Dementia Care in Primary Care: Impact of Targeted Training and Electronic Medical Record (EMR)-Integrated Algorithms".
- In FY 2025-26, the **Clinical Roundtable** provided more than **15,800** educational encounters to physicians, other clinical staff, and non-clinical staff on topics related to the screening, evaluation, and management of ADRD through live in-person and virtual presentations, on-demand webinars, publications, and website content.



CAREGIVER SUPPORT



The Caregiver Support priority area envisions a region where caregivers have access to the resources and support needed to provide responsive, high-quality care while maintaining their own well-being. In the San Diego region, an estimated 462,000 unpaid caregivers provide care for a family member or loved one.

FY 2025-26 ACCOMPLISHMENT HIGHLIGHTS:

- Through the **Family Caregiver Support Program (FCSP)**, Southern Caregiver Resource Center provided over **31,410** family caregivers with information and assistance to increase awareness regarding existing services in the community that can make caregiving easier.
- Family caregivers received over **18,360** hours of **respite care** as part of the FCSP.
- The **Caregiver Coalition** and its member organizations reached **191** family caregivers through in-person family caregiver events and **173** family caregivers through webinars focused on elder abuse, caregiving with resilience, and managing stress.
- Over **1,700** kinship family caregivers throughout the county received a copy of the **Handbook for Grandparents and Other Relatives Raising Children** in English and Spanish.
- AIS and the Caregiver Coalition of San Diego provided **1,379** caregivers with **Caregiver Handbooks** to support with making the job of caring for a loved-one less stressful and helping caregivers become more knowledgeable by providing them with answers to common questions.



Finding Balance in Caregiving Through the Family Caregiver Support Program

A family caregiver relied on the Family Caregiver Support Program (FCSP) for over six years while caring for her father with dementia and her uncle with Parkinson's disease. FCSP provided respite care, counseling sessions, and educational resources that helped her manage stress, cope with grief, and maintain her well-being. She credits these services with enabling her to continue providing quality care for her loved ones.

SAN DIEGO SCAM JAM

Fight Fraud, San Diego!



SAFETY



The vision for the Safety priority area of the Aging Roadmap is that older adults and persons with disabilities are safe in their homes and community.

FY 2025-26 ACCOMPLISHMENT HIGHLIGHTS:

- The **San Diego Fall Prevention Task Force** comprised of healthcare providers, aging services professionals, and community members educated more than **345** community members on how to prevent falls through one-hour fall prevention presentations provided by the San Diego Fall Prevention Task Force Speakers Bureau. Community members were also referred to the County and community programs that reduce fall risk.
- The **Public Guardian (PG)** provides vital services to persons who lack capacity- those who are unable to properly care for themselves or manage their finances when there is no one else willing or able to assist. The PG received **215** referrals and appointed by the court to care for **71** residents through conservatorship.
- The **Public Administrator (PA)** manages estates of persons who pass away with no will or without an appropriate person to act as an administrator. The PA handled **1,137** referrals for investigation and to protect the decedent's property from waste, loss or theft, and ensured the estate was administered according to the individuals wishes.
- The **Long-Term Care Ombudsman Program** completed over **3,320** visits to long-term care facilities throughout the county to support resident' quality of life by making sure they receive quality care are treated with dignity.
- **Adult Protective Services (APS)** received over **32,850** referrals, resulting in over **23,360** new investigations and **6,817** reports added to existing cases.
- Through the **Elder Justice Task Force**, a partnership with APS, the FBI, District Attorney's Office, U.S. Department of Justice, San Diego Law Enforcement Coordination Center, and local law enforcement, efforts continue to combat elder scams and fraud. Investigators are pursuing and prosecuting those responsible, recovering millions in stolen funds, and tracking more than **\$160 million** in annual losses affecting over **1,800** older adults in the region.



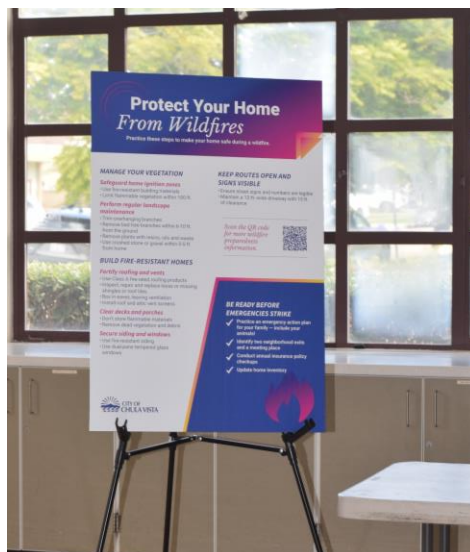
PREPAREDNESS



Older adults, people with disabilities, caregivers, and others with access or functional needs often face greater risks during disasters. This Aging Roadmap priority focuses on strengthening their preparedness and ensuring they have the support needed to stay safe in emergencies.

FY 2025-26 ACCOMPLISHMENT HIGHLIGHTS:

- More than **6,050 Vials of Life** were distributed to the community. A Vial of Life is a magnetized sleeve that contains emergency medical forms and is meant to be affixed to a refrigerator to allow first responders to easily access critical information in the event of a medical emergency or fall.
- The **Personal Disaster Plan for People Who May Need Assistance** is a joint effort of AIS and the County Office of Emergency Services (OES) that guides residents to make their own individualized disaster plan for themselves and their family. More than **6,000** copies were distributed in either digital or hardcopy formats, bringing the total number distributed since its original publication in 2021 to over **16,800**.
- In May 2026, the County of San Diego partnered with the City of Chula Vista to host the **Sliver Stay Ready: Emergency Preparedness Resource Fair** for older adults. Approximately **60** Chula Vista residents attended to gather resources and tools to build an effective emergency kit and feel confident and ready for emergencies or disasters.
- The **Retired and Senior Volunteer Program**, in partnership with OES, the American Red Cross, local law enforcement, and community organizations, strengthened disaster preparedness by providing education and outreach at senior centers, congregate meal sites, and mobile home parks. Through this effort, **108** community members received “Go Kits” to support evacuation readiness.





SILVER ECONOMY



The Silver Economy priority area envisions a skilled and diverse workforce with ample opportunities for older adults to work and volunteer.

FY 2025-26 ACCOMPLISHMENT HIGHLIGHTS:

- Over **420** active volunteers in the **Retired and Senior Volunteer Program** served more than **80,490** hours at **21** partner organizations throughout the county.
- The **Long-Term Care Ombudsman Program** includes **26** volunteers aged 60 and older. These volunteers contributed more than **3,785** hours to the program.
- In May 2026, the County of San Diego was certified as an **Age-Friendly Employer** by the national Age-Friendly Institute. The certification recognizes the County's continued commitment to supporting workers aged 50 and older through equitable hiring, retention, and development practices for mature workers.
- The **IHSS Public Authority** gathered community feedback that guided several key initiatives, including the development of a caregiver wellness program, the expansion of text-based mass messaging, participation in career fairs across San Diego County, facilitation of monthly virtual caregiver support groups, and strengthening of partnerships with community organizations.
- The IHSS Public Authority enrolled more than **10,710** new **IHSS caregivers** and provided individualized training on the Electronic Timesheet System to **3,440** IHSS caregivers, expanding training sessions to locations in the North, East, and South regions of the county.





MEDICAL & SOCIAL SERVICES SYSTEM



The medical and social service landscape is vast, complex, and funded through many separate streams, which can make it difficult for older adults and caregivers to understand and access available resources. This priority area aims to improve coordination across medical and social services so that support is proactive, seamless, prevention-oriented, and centered on each person's needs.

FY 2025-26 ACCOMPLISHMENT HIGHLIGHTS:

- **In-Home Supportive Services** provides support with basic needs and activities of daily living to enable recipients to remain in their homes. The program continues to grow with over **50,800** recipients, a **7%** increase from last year.
- The **AIS Call Center** answered more than **77,000** phone calls, assisting callers to find community resources, enroll in AIS programs, and receive help from Adult Protective Services.
- As a part of a grant from the Administration for Community Living, the California Department of Aging contracted with AIS in July of 2025 to implement the **Cal Community Connect pilot project**. This program advances California's No Wrong Door navigation system by providing older adults, adults with disabilities, and caregivers, streamlined access to Long-Term Services and Supports (LTSS) through a Community Health Worker (CHW) navigator. AIS, the Department of Strategy and Community Engagement, and Medical Care Services have collaborated to implement this project.
- With funding from the Older Americans Act, AIS contracts with several organizations throughout the county to provide nutritious weekly meals to adults age 60 and older through the **Older Californians Nutrition Program**. In addition to promoting better nutrition, dining centers encourage social connection. For those who are homebound, home-delivered meals are available. Between July 2025-June 2026, **2,049,513** home-delivered, congregate, and to-go meals were served.





CONCLUSION

For the past seven years, the Aging Roadmap has provided a comprehensive framework guiding the County's aging-related initiatives. The accomplishments highlighted throughout this annual report are the result of collaboration among diverse County departments and dedicated community partners committed to advancing the vision of each of the ten Aging Roadmap priority areas.

While this year presented challenges and uncertainties related to resources for some programs, the County remains committed to maximizing impact and creating thriving communities for people of all ages. This year also presented new chances to learn from global partners in Japan as they navigate an aging population, strengthen disaster preparedness within our communities, and continue building a County workforce equipped to support older adults.

The growth of our older adult population brings exciting opportunities as we cultivate communities where people of all ages make meaningful contributions, experience deep social connections, and access systems and resources that uphold older adults as valued residents of our County. Looking ahead, AIS will continue to collaborate with the many community partners and County departments that impact older adults, seek innovative ways to be responsive to community needs, and leverage existing resources to advance the vision of the Aging Roadmap.



IMPORTANT RESOURCES



AARP Livable Communities Map

<http://livablemap.aarp.org>



Aging & Independence Services

www.aging.sandiegocounty.gov



Aging Roadmap

www.LiveWellSD.org/AgingRoadmap



Alert San Diego | Preparedness

www.alertsandiego.org/en-us/preparedness/make-a-plan



Caregiver Coalition of San Diego

www.caregivercoalitionsd.org/resources.html



County of San Diego Community Health Statistics Unit Data on Older Adults

www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_health_statistics/SeniorData.html#agingdashboard



Healthier Living Programs

www.healthierlivingsd.org



Housing & Community Development Services

www.sandiegocounty.gov/content/sdc/sdhcd



San Diego County District Attorney | Safe Seniors

www.sdcda.org/helping/elder-abuse

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